

News Briefs

Medals updated

A batch update for the Global War on Terrorism and the Korean Defense Service medals has been completed in the personnel data system. All airmen who are eligible to wear the GWOT or KDSM medals should visit the Virtual Military Personnel Flight to view their decoration history and to verify the completion of their update.

Unsuccessful updates should be reported to the MPF career enhancement section with proper documentation showing qualification for either award. For detailed information on the criteria for award issue, contact the Air Force Personnel Center at (800) 616-3775 or visit www.afpc.randolph.af.mil/awards/recently%20approved%20awards.htm.

Health promotion class schedule

The health and wellness center offers a variety of health promotion classes each month. A three-part tobacco cessation class is from 5 to 6:30 p.m. March 1, March 15 and March 17; a diabetic education class is from 8 to 11 a.m. March 2; a hypertension class is from 9 to 10 a.m. March 16; and a cholesterol education class is from 9 to 10:30 a.m. March 23. To register or for more information, call the center at Ext. 2477.

Free compost

Free compost is now available for all military family housing residents and facility managers. Compost can be used as an amendment to soil in flower beds and potted plants. For questions or more information, call Ext. 7406.

Inside



NEWS 3

The MQ-1 Predator officially reached initial operating capability Tuesday.

CAFB in control
RAPCON earns ‘best facility’ in the command

The Columbus AFB Radar Approach Control Facility was distinguished as the Best Air Traffic Control Facility in Air Education and Training Command Feb. 25.

The selection marks the first time in 28 years that the RAPCON has been selected for this honor.

“The distinction is especially significant because it does not reflect the work accomplished in the new RAPCON that opened Jan. 18,” said Capt. Jesse Hedge, airfield operations flight commander. “It’s a real credit to the controllers because they won the award despite the old 1960s facility they used to work in.”

The RAPCON conducted more than 340,000 operations without a class A or B mishap, nor was a single hazardous air traffic report filed.

“The RAPCON team met every challenge while working with antiquated equipment and simultaneously prepared for the move to the new RAPCON,” Captain Hedge said.

Some of the year’s highlights include implementing a front load training program; upgrading 13 air traffic controllers; adding more than 200 square miles of airspace to the base’s area of responsibility; and working 270 in-flight emergencies,



Courtesy photo
Columbus AFB’s Radar Approach Control Facility was named Best Air Traffic Control Facility in Air Education and Training Command despite the difficulties controllers encountered while operating in the 60-year old former RAPCON.

including a 47-passenger civilian airliner that unexpectedly landed here last April.

“What is most impressive about the award is that it was accomplished despite manning numbers that averaged around 75 percent for the year,” said Chief Master Sgt. Tim Wells, RAPCON chief controller. “The RAPCON team really came together this year and capital-

See **RAPCON**, Page 2

COLUMBUS AFB TRAINING TIMELINE

PHASE II				PHASE III				WING SORTIE BOARD			
Squadron	Senior Class	Squadron Overall	Track Select	Squadron	Senior Class	Squadron Overall	Graduation	Aircraft	Required	Flown	Annual
37th (06-01)	-2.76 days	-2.12 days	April 22	48th (05-06)	1.78 days	0.83 days	March 11	T-37	344	309	11,777
41st (05-14)	5.93 days	2.96 days	March 9	50th (05-06)	4.25 days	-1.22 days	March 11	T-38C	124	162	5,194
								T-1A	114	117	5,410

Graduation speaker: Maj. Gen. Edward Ellis, 19th Air Force commander

Possible compromise of GTC information, no evidence of account fraud or misuse

Jim Garamone
American Forces Press Service

WASHINGTON — About 900,000 Defense Department employees may be affected by Bank of America’s loss and the possible compromise of government travel card information, Pentagon officials said Feb. 25.

The General Services Administration and Bank of America notified DOD officials that “SmartPay” travel cards are affected. Officials said Bank of America has been monitoring the affected accounts, and there has been no evidence of fraud or misuse of the accounts.

Bank of America officials are sending letters to affected employees.

“Information regarding travel card program accounts for individual cardholders has been lost, and it is possible that that information has been compromised, though we don’t believe that that is the case,” said Teresa McKay, DOD deputy chief financial officer.

Secret Service agents are conducting the investigation, with help from the Defense Criminal Investigative Service. Officials said that although there has been no evidence of criminal activity, release of details on the circumstances of the loss could jeopardize the investigation.

“Indications right now are that it is an accidental event,” Ms. McKay said. “The bank has been monitoring the accounts involved from the onset, and to date there has been no indication of fraudulent activity.”

The information is personal cardholder information — names, Social Security numbers, addresses and account numbers — on magnetic tape. The loss occurred in late December. GSA officials notified DOD on Jan. 19. Ms. McKay said the delay was necessary to protect the integrity of the investigation.

“The bank is in the process of notifying cardholders of the situation,” she said. “They will be given a special customer service number that has been set up by the

bank specifically for this purpose. If (cardholders) have any questions, they can contact the bank. If they would like, they may request that the bank cancel the card and reissue a card to them.”

Ms. McKay said that consumers should always keep an eye on any credit accounts they have.

“It’s always prudent for any cardholder to monitor their monthly statements (and) dispute any charges they may question, and also it’s important for all of us to get a credit report at least once a year and look at the content of that report,” she said.

Bank of America has set up a hotline for those affected. The number is (800) 493-8444. Cardholders who notice irregularities in their accounts should call the Bank of America at the number printed on the back of their cards.

“If you are an affected cardholder, you may contact Bank of America for information on obtaining a free credit report,” Ms. McKay said.

RAPCON

(Continued from Page 1)

The facility will now go on to compete at Air Force level, alongside the BLAZE TEAM’s own Alvin Cunningham, AETC Civilian Controller of the Year.

The Columbus AFB RAPCON controls military and civilian air traffic in 15,000 square miles of airspace including three military operations areas and thirteen civilian airports in Mississippi and Alabama.

The RAPCON coordinates air traffic activity with fifteen Federal Aviation Administration air traffic control sectors on a daily basis. They routinely meet with FAA officials to improve service to 14th Flying Training Wing aircraft at home and during cross-country flights. (Courtesy of the 14th Operations Support Squadron)



Airman 1st Class Cecilia Rodriguez
Alvin Cunningham, Air Education and Training Command’s Civilian Controller of the Year, will go on to compete at Air Force-level alongside the Columbus AFB RAPCON, recently named Best Air Traffic Control Facility in AETC.

14TH FLYING TRAINING WING DEPLOYED

As of press time, **29 BLAZE TEAM members** are deployed worldwide.

Remember to support the troops and their families while they are away.



Airman 1st Class Alexis Lloyd
14th Flying Training Wing



The 14th Flying Training Wing congratulates Airman Lloyd for receiving **Air Education and Training Command’s Outstanding Public Affairs Airman of the Year** award. During a 102-day deployment, Airman Lloyd single-handedly brought her wing into compliance with central Air Force directives and currently serves as Columbus AFB chief of media.

SILVER WINGS

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Submission Deadline

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MQ-1 Predator reaches initial operating capacity

LANGLEY AFB, Va. — One of the most heavily used and valued weapons systems of operations Enduring Freedom and Iraqi Freedom has reached initial operating capability, Air Combat Command officials here announced March 1.

The MQ-1 Predator unmanned aerial vehicle was officially declared IOC Tuesday by Lt. Gen. William Fraser III, ACC's vice commander.

The milestone was reached after the MQ-1 completed eleven requirements including supportability, maintainability and aircraft and parts availability.

Initially fielded as the RQ-1, an advanced con-

cept technology demonstrator, the Predator was first used in the Balkan theater in the mid-1990s.

Over time, the aircraft has undergone various upgrades to improve its combat effectiveness. The MQ-1 version is equipped with advanced sensors and armed with AGM-114 Hellfire missiles.

The IOC declaration indicates the MQ-1 has completed its testing and achieved predetermined capability and supportability thresholds, and continues on its path to achieving full operational capability, officials said. *(Courtesy of ACC News Service)*



U.S. Army photo by Spc. Leah Burton

The RQ/MQ-1 Predator unmanned aerial vehicle is a lightweight, low horsepower aircraft capable of flying more than 20 hours of intelligence, reconnaissance and surveillance missions.

New civilian personnel rules published

Jim Garamone
American Forces Press Service

WASHINGTON — Officials from the Department of Defense and the Office of Personnel Management have published the regulations that will govern how the new National Security Personnel System will operate, DOD officials said.

The proposed regulations appeared in the Federal Register Feb. 14, and officials invite comment.

Navy Secretary Gordon England said once the public comment period ends March 16, the officials will confer with the various federal employee unions and then give all comments “fair and full consideration.” Secretary England serves as the DOD senior executive overseeing the system.

“Our plan, then, is to begin the implementation this summer,” he said. “We’ll learn through doing, we’ll do this in phases, and we will progressively add more and more employees (and) learn as we go until completion at the end of 2008.”

The publication marks the end of the first phase of implementing the new personnel system. The system, enacted by Congress in 2003, will allow DOD officials to better manage civilian personnel, they said. Once in

place, DOD officials will be able to shift people among jobs, hire faster and reward good workers.

“Now NSPS is going to replace a 50-year-old system,” Secretary England said. “We’re going to replace (the current system) with a very modern system that we need to attract, recruit, retain, compensate fairly and manage our employees.”

The system will focus on performance, flexibility and accountability, the secretary said.

“It will be much more responsive to the national security environment, and ... it will fully preserve our employee protections, our veterans preference and employee benefits,” he said.

The first 60,000 people under the NSPS are scheduled to transfer to the system in July, at their current salaries. General-schedule workers will stop being GS-designated employees and will transfer to pay bands. It will be a year before the first decisions are made on performance-based pay raises, officials said.

Dan Blair, the OPM's acting director, said the new rules will not change merit-system protections, whistle-blower protections, veterans preference, benefits, rules against prohibited practices or leave and work schedules.

The system will change the general-schedule system and job-classification standards. It will give managers more flexibility in reassigning employees to fulfill critical needs and more flexibility in where employees will work.

“We have encouraged our unions to work constructively with us, and also with the federal mediation and conciliations services so we can find common ground and make this an even better system,” Secretary England said.

However, five federal employees’ unions announced they will challenge the system in court. The unions contend DOD and OPM officials have not adequately consulted with them.

Mr. Blair said that with NSPS, the entire federal government personnel system has “reached a tipping point.” DOD, the Department of Homeland Security and a number of other federal agencies’ employees will be covered under new, more responsive personnel rules.

“More federal workers will be covered by reformed and modernized systems than the current general schedule,” he said. “These changes haven’t come easily. But this new system (shows) that transformation can take place.”

DFAS Web site moves

ARLINGTON, Va. — The Defense Finance and Accounting Service public Web site moved to a new location on the Internet, officials announced Wednesday.

The old site, www.dfas.mil, will remain available through March 31. Then, users will be redirected to the new site, www.dod.mil/dfas, and links to pages on the previous site will generate an error message notifying users of the move, officials said.

Webmasters who link to the site or pages within the site should review their links and update them accordingly, officials said. The move will enhance the performance of the site by providing redundancy to prevent down time and by providing an opportunity for enhanced features in the future.

“With this move, our customers can rely on DFAS for faster access to information whenever they need it from anywhere around the globe at any hour of the day or night,” said Claudia Bogard, the service's corporate communications director.

Officials said the move also will provide the following benefits:

- Increase the speed of the site by more than 12 times.
- Improve search capability to allow DFAS content to be found on any of dod-dot-mil sites.
- Allow DFAS content to be found at www.dod.mil/dfas, www.defense.mil/dfas, www.pentagon.gov/dfas, www.defense.gov/dfas, www.defenselink.mil/dfas or www.defense.gov/dfas.
- Create stronger alignment between DFAS and DOD public Web sites.
- Reduce the burden of public Web traffic to DFAS networks. *(Courtesy of Air Force Print News)*

Officials spread word about DOD civilian jobs

Rudi Williams
American Forces Press Service

MONTGOMERY, Ala. — Human resources specialist Linda Stouffer said when she visits college campuses, she tells students the Defense Department is “the ‘employer of choice,’ and our job is to support America’s defense around the world.”

Ms. Stouffer, who works for the DOD civilian personnel management services defense applicant assistance office, said DOD has jobs “from A to Z.”

“When you see a DOD sign at a job fair, that doesn’t mean you have to wear a uniform and join the military,” Ms. Stouffer told a large gathering of university presidents, administrators and students at the DOD technical assistance workshop at Alabama State University here Feb. 23. “DOD has more than 700,000 civilian jobs around the globe.

“We try to encourage students to work for DOD as civilian employees and to understand that if they want to join the military, supporting our nation’s defense in uniform is the most awesome job they

could ever have,” she said. “But they could also support our nation’s defense around the globe in a civilian capacity.”

The office opened in 2003 as a resource for anyone who wanted to get more information about DOD civilian jobs, Ms. Stouffer said.

“We have advisers available to help people in their job search process, to talk to them and explain information on various job announcements,” she said. “We also connect them with other recruiters in DOD.”

Ms. Stouffer said her office comes under the deputy assistant secretary of defense for civilian personnel policy. They look for events to spread the word about its existence.

She said her office comes under the deputy assistant secretary of defense for civilian personnel policy.

“This office wanted people on staff who could answer questions for students and anyone wanting information about DOD jobs,” Ms. Stouffer said. “That way, they could pick up a phone and have a live person to talk to ... or they could send us an

e-mail, and they will get an immediate response.”

Ms. Stouffer said advisers will discuss the job search process; provide information about DOD vacancies, occupations and missions; assist with questions, applications, forms and status of applications; explain DOD job terminology; and provide a connection between job seekers and recruiters.

She said it is helpful for students to know which states have the highest concentration of federal civilians working in DOD.

“Our top 10 states are Virginia, California, Texas, Maryland, Georgia, Florida, Pennsylvania, Washington, Ohio and Oklahoma,” Ms. Stouffer said. “So the message to students is, the more mobile you are and the more willing you are to relocate to where that job is, the better opportunity you will have.”

DOD has 6,000 offices and installations in every state around the country and in 146 countries around the world. DOD’s three military departments and 16 defense agencies recruit on many college and uni-

versity campuses. The office is the central point for marketing DOD-wide civilian employment opportunities, she said.

“Out of about 800 occupations within the federal government, you’ll find jobs in DOD in about 700 of those occupations,” she said.

The most critical skill needs for DOD in the next two years are engineers, administration and program management, education, security and protection, accounting and budget, information technology and physical sciences, according to a Partnership for Public Service study.

DOD components also offer many intern, co-op and entry-level professional development career programs, as well as support for graduate fellowships and scholarships in career fields where there is high demand for well-qualified candidates, Ms. Stouffer said.

She said that the internship program does not always mean just a summer job.

“These are entry-level, full-time professional jobs,” she said.

Job seekers can call (888) 363-4872. The TTY number is (703) 696-5436.

Candle safety tips

Remember — a candle is an open flame. It can easily ignite nearby combustibles.

- * Extinguish all candles when leaving the room or when going to sleep.
- * Keep candles away from items that can catch fire such as clothing, books, paper, curtains, Christmas trees, flammable decorations or anything that burns.
- * Make sure candles are placed on a secure piece of furniture in sturdy holders that won’t tip over. Holders should be made from material that can’t burn.
- * Make sure the candle holder is big enough to collect dripping wax.
- * Don’t place lit candles in windows, where blinds or curtains can close over them.
- * Do not use candles in places where they could be knocked over by children or pets.
- * Keep candles and all open flames away from flammable liquids.
- * When purchasing or using candles, consider what would happen if the candle burned low. Could it burn the candle holder or decorative material nearby? Extinguish candles when they get within two inches of the holder or decorative material.
- * Keep candles up high and out of the reach of children.
- * Never leave a child unattended in a room with a candle. A child should not sleep in a room with a lit candle.
- * Keep all matches and lighters up high and out of the sight and reach of children, preferably in a locked cabinet.
- * Never leave a candle burning under cabinets or other shelves. *(Courtesy of the 14th Civil Engineer Squadron)*

More responsibility

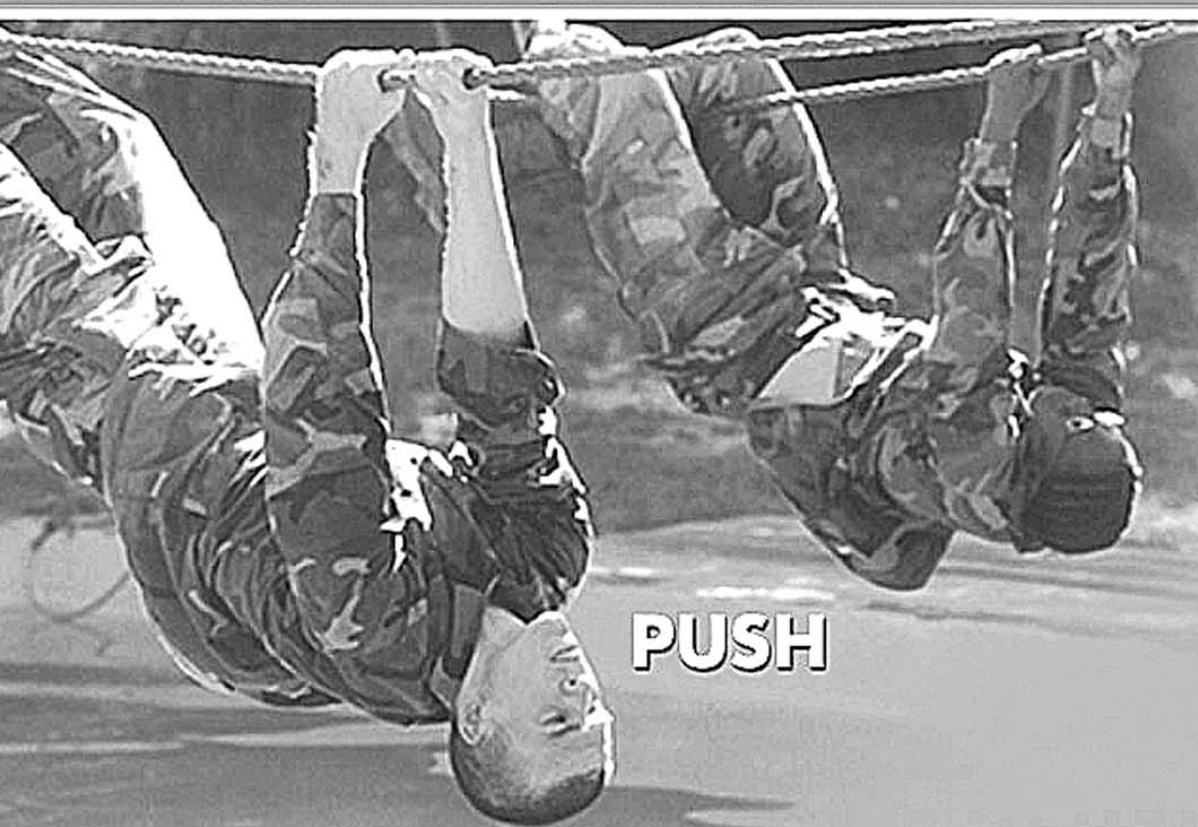



Courtesy photo

The 14th Flying Training Wing congratulates the March enlisted promotees. Pictured are: (front row) to airman: Charlotte Whipple, 14th Medical Operations Squadron; to staff sergeant: Delangela Robinson, 14th MDOS; to senior airman: Alanna Gladney, 14th MDOS; to airman 1st class: Tess Kelly, 14th Comptroller Squadron; Maria Lambert, 50th Flying Training Squadron; (back row) to airman first class: Arlen Martin, 14th MDOS; to staff sergeant: Brandon Burden, 14th MDOS; Derrick Berry, 14th Operations Support Squadron; to master sergeant: Tony Clements, 14th Communications Squadron; Anthony Piccoli, 14th OSS; and to senior airman: Kevin Fleming. Not pictured are: to airman first class: Michael Skaggs, 50th FTS; to senior airman: Bregman Grey, 14th Security Forces Squadron; and to staff sergeant: Shane Clack, 14th Civil Engineer Squadron.

Women’s History Month

Clara Barton (1821-1912) is best known for founding the American Red Cross, but she also played a vital role during the Civil War. No provisions had been made for taking care of Union soldiers. Ms. Barton solicited donated supplies and took them directly onto battlegrounds to deliver food, bandages and medical supplies to the wounded. She also helped document the 22,000 men killed or missing in action so their families could be notified.



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What scholarships are available?

- * Express: \$15,000 per year for electrical and computer engineering majors
- * In-College Scholarship Program: Competitive program for any major
- * College Scholarship Program: High school seniors only

For more information, contact Mississippi State University Detachment 425 at (662) 325-3810 or logon to www.msstate.edu/dept/afrotc/

Attention supervisors!

‘Selling’ your people important part of AF leadership

Maj Jon Olekszyk
14th Flying Training Wing



Let me share a short story about an experience I had as a C-141 supervisor/aircraft commander a few years ago. In the eyes of many C-141 pilots, one of the minor nuisances of being an aircraft commander is all the paperwork required at the end of a trip. In addition to the official trip reports and training guide write-ups, the aircraft commander is supposed to fill out a feedback report on each enlisted member of his or her crew. To be honest, many aircraft commanders just put down the perfunctory “year-book entry” — “Great flying with you, see you next time.” I was finishing up one of my first trips as an aircraft commander and hadn’t

been told that was all that was really expected. It had been a good trip, and I took a few minutes to fill out the forms for each of my crewmembers. I didn’t write a medal citation, but I did put down what we had accomplished as a crew and how each crewmember contributed to the mission. About six months later, I ended up flying with one of the Air Force Reserve crewmembers that was on that first trip. He was grinning from ear to ear at the initial brief. In my usual sarcastic tone, I asked him what his problem was. He told me he was so glad to fly with the pilot that got him promoted! He explained that no one ever received a feedback report like the one he received from me, and it duly impressed his squadron leadership. It took me a minute to even remember writing up that report,

and I didn’t have the heart to tell him I hadn’t put five minutes of effort into it! Five minutes of effort and documentation made a big impact in that young man’s life without me even realizing it. That experience taught me a valuable lesson — documenting (or “selling”) your people is a critical part of your role as a supervisor, leader and commander. We all know the great things our Airmen accomplish every day to execute the mission. However, it’s a fact of life that in competition, they’re only as “good” as the packages their supervisors and commanders write for them. I know that documenting performances and accomplishments can be tough to prioritize when we’re working so hard to get the mission done. And I don’t want to recommend we walk around with a notebook, writing officer and enlisted performance report bullets to ourselves as we work every day! But who hasn’t sat in front of a blank computer form at one time or another

struggling to come up with bullets for our personnel? Who hasn’t filled out a quarterly or annual awards package and said, “I know there’s more we can put down here ... I just don’t remember what it is!” It was easy for me as an aircraft commander to document performance within minutes of stepping off the plane. But if you had asked me to write that report one month later, I probably couldn’t have done it. It’s the same way here at Columbus AFB. Just like the experience I had supervising that young Airman years ago, a couple of minutes of effort at the right time can have a huge impact on your personnel’s development and careers. If you’re not a commander or supervisor right now, chances are good you’re going to be one in the future. I encourage you to remember that “selling your people” is an important part of Air Force leadership.

Columbus Club parking

Parking at the Columbus Club is sometimes an issue during certain base events, to include graduations, assignment nights and track selects. Parking is not allowed on Lowndes Street leading into Magnolia Housing, as it is too narrow to even park a single row of automobiles. For the safety of all our BLAZE team members, please observe the “no parking” signs posted and do not park on Lowndes Street across from the soccer fields next to the Columbus Club. Continue to support your club, base events held at the club, as well as watch out for your safety and the safety of others.

Thank you,
14th Flying Training Wing Leadership

Straight Talk Line

The Straight Talk Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB better. The Straight Talk Line phone number is 434-7058. Callers should leave their full name and phone number to receive an answer. All names are kept confidential. Written questions may be dropped off at the public affairs office in the wing headquarters building, Bldg. 724. People can also access the Straight Talk program through the Blazeweb at <https://columbusweb> and the main Web site at www.columbus.af.mil. Questions and answers will be edited for brevity.

Customs, courtesies, respect

Darryl Hartness
14th Operations Support Squadron

I remember a time when a sergeant told an Airman to jump, and he or she asked, “How high, Sir?” I remember a time when an enlisted member would walk into to an office and address the officer saying, “Sir, Airman Doe reporting.” Is this not the same Air Force I served in for twenty years? And if it is, what has happened to the customs and courtesies that were so diligently driven home during basic training? I have been retired from the Air Force for 12 years now and am currently a contract worker on Columbus AFB. I have seen many changes in the way our enlisted and junior officers carry and present themselves.

Officers personally address senior officers, and enlisted members personally address officers, as well. It appears as though we can encounter this lack of respect in today’s new and “gentler” Air Force far too often. Daily, I see junior ranking servicemembers approach senior ranking Airmen without displaying any courtesies. What happened to the days when an enlisted member reported to the officer? What happened to the days when an enlisted member addressed any senior enlisted as “Sir” or “Ma’am?”

If the basics of discipline and respect are not instilled into our young officers and Airmen at the beginning of their careers, when will it happen? I am a 50-year-old man and I still address officers 20 years younger than me as “Sir” or “Ma’am,” a trait that was so well taught to me by my peers. Core values are taught to all Air Force personnel from the time they join until the time they separate. From the highest to the lowest ranking members, respect starts with oneself. If you don’t respect others, they are not going to respect you. It’s our duty to educate our up-and-coming enlisted and officers in the customs and courtesies that made this Air Force what it is today. How many times have you failed to correct individuals because you didn’t want to upset them or hurt their feelings? When you don’t correct them, it only allows for continuation of inappropriate customs and courtesies. You should only expect people to become upset or hurt to in personal relationships. If you maintain professional relationships and administer correction in a professional manner, correction is easier to give and others will be more responsive. Correction, if done professionally and without emotion, is not a punishment but everyone’s duty and responsibility.

Survivors offer advice straight from the

Lanorris Askew
78th Air Base Wing

ROBINS AFB, Ga. — It began as a good day for Kim Manning. On March 29, 2004, her alarm clock's snooze button, which usually works overtime, got the day off, while a warm shower and a hot cup of coffee propelled her out the door and off to work.

Less than half an hour later her good day went bad — real bad. Just miles from her home she became short of breath and noticed tightness in her chest.

With no cell phone and very few vehicles on the road at 6 a.m., she said she did not want to pull over, so she continued toward the base. The closer she got, the worse her symptoms became.

"I broke out into a cold sweat," she said. "I was sweating so much that my hair was wet even though I had the air conditioner going full blast."

The sweating was accompanied by a numbing sensation in her left hand, blurred vision and chest pains that replaced the earlier tightness. Ms. Manning made it safely to the base and Senior Airman Thomas Garner jumped into action.

"By the time I got to the gate, I couldn't move my left arm at all, and my vision was really blurred," she said.

She said she remembers Airman Garner screaming, "Call 911 and make sure they send an ambulance."

Ms. Manning said she also recalls him standing next to her taking her vitals and monitoring her condition while another Airman found her home phone number and called her husband.

Airman Garner's quick assessment of the situation and call for aid may very well have added years to Ms. Manning's life, she said.

"How do you thank someone who helped saved your life?" she said. "Just saying thank you is not nearly enough."

Nearly a year later, the budget analyst is back at work and doing well, but she said her life has changed in many ways.

"You get your priorities in order very quickly when something like that happens," she said.

Besides living healthier by not smoking and making better food choices, she said she also has a much closer relationship with her family and friends.

Living life after a triple bypass at age 41, Ms. Manning said she sees life through new eyes.

"I appreciate life a lot more," she said. "Every time I see my scar, it reminds me of how blessed I am."

While Ms. Manning had the typical tingling in the hand, tightness of the chest and shortness of breath, those symptoms are not always present when a heart attack occurs.

Ann Hulett, a data systems analyst in the maintenance directorate, had a completely different story.

"I've had three major heart attacks," she said, "and have no clue when I had them."

When Ms. Hulett went in for a stress test as a part of a routine annual physical Nov. 17, three minutes into the test she was pulled off of the treadmill and an ambulance was called.

She was taken to the hospital to undergo a cardiac catheterization where a tiny tube is inserted through the femoral artery and run up into the heart. Once the tube is in place, doctors inject a dye which allows blockages to be seen clearly on a monitor.



During the procedure, doctors found six blockages each of which ranged from 75 to 100 percent, and she was immediately scheduled for five bypasses.

"Looking back now, aside from realizing that I was slowing down and that I was tired, it really blindsided me, my family and friends," she said. "Even the doctors were unnerved. They don't know why I'm alive."

Much like Ms. Manning, Ms. Hulett has a fresh outlook on life.

"I don't let things bother me anymore," said the mother of two and grandmother of three. "If it's not something I can fix, I try to just let it go, and I thank God every day when I get out of bed."

More than her outlook has changed though.

"Until 9:30 a.m. on Nov. 17, I was a smoker," she said. "That was my third risk factor for heart disease — an elevated cholesterol level and elevated blood pressure being the other two."

She said those factors in her life's equation have been reduced greatly. She no longer smokes, she exercises regularly and reads food labels religiously.

"I can't do my own yard work. I can't pick up anything much heavier than my laptop," she said. "Instead of still being fiercely independent, I have to depend on others to do simple things for me like get clothes out of the washer, sweep and mop, but I'm so thankful to hear the alarm clock every morning. I have been given a chance that few people receive. I survived three silent heart attacks."

She is getting better day by day. At her

last appointment, doctors estimated that her heart is now functioning at 30 percent — up from an earlier 20 percent. And, after two months of cardiac rehabilitation, she can run a 20-minute mile on the treadmill while barely breaking a sweat.

"I know that sounds lame, but considering two months ago I could barely get in or out of bed by myself, I truly feel blessed," she said.

"People ask, how and why did I come back to work after only six weeks. I guess it was (for) the same reason I was still alive — determination and intestinal fortitude. Also, I knew that if I had to stay home much longer I would be completely nuts."

Ms. Hulett said she has a message for everyone who hears her story.

"Please have your cholesterol checked annually, check your blood pressure periodically and stop smoking," she said. "Listen to your body; question why you don't want to do things because it's too hot, it's too far to drive or you're too tired."

Ms. Manning agreed.

"I wasn't overweight, didn't suffer from high blood pressure and had no high cholesterol concerns," she said. "Be aware of your body and your family history."

While both women were smokers and not exercise enthusiasts, one of the main risk factors for both was heredity. Four of Ms. Mannings' uncles suffered heart attacks, and Ms. Hulett's mother and grandmother suffered from heart disease too.

Although both these stories have happy endings many do not. As American Heart Month draws to a close officials said it is important that everyone remember to watch for warning signs and reduce risk factors as much as possible so they can see another birthday come and go.

"I turned 52 on Dec. 15, and I was tickled pea green to see that birthday," Ms. Hulett said.

Is it your week? Columbus Club to offer discounted lunch buffet

Pam Wickham
14th Services Division

The Columbus Club starts its new lunch buffet Tuesday and is offering a reduced rate for select groups each week to introduce customers to its new and improved menu.

"Starting March 15, the club will offer the lunch buffet for only \$4.95 per person for a different group of people each week," said Brenda Freeman, Columbus Club manager. "For the first week, all enlisted military members on base will receive the reduced rate, whether they are a club member or not."

"We are providing this incentive for several reasons," she said. "One reason is to introduce our new, expanded all-you-can-eat lunch buffet menu to our customers. We also hope to show the base community that they really can't afford not to be a member of the club."

The regular price for the buffet is \$6.95 for club members and \$8.95 for nonmem-

bers and includes more than a dozen items each day on the buffet line, which also includes dessert and a beverage.

Each day's buffet has a different theme: Tuesday is Mexican, Wednesday is country-style cooking, Thursday is Italian and Friday offers a tri-continental buffet which features German, Asian and New England seafood.

Also during this six-week promotion, the club will offer a weekly drawing for \$200 in Services bucks. Winners will be announced every Monday.

"Whether or not it's their discount week, club members who dine with us during lunch will receive an entry into the weekly drawing," Ms. Freeman added.

(Editor's note: All BLAZE TEAM members are invited to discover the mystery guest chef at the Columbus Club's Fiesta Grande Noche from 5 to 8 p.m. March 10. Cost is \$8.95 for members and \$10.95 for nonmembers. For more information about club membership or club programs, call Ext. 2490.)

Now what?



Borda Maddox

Julie Keck and Lisha Peacock cut foam for a rolled arm bench in a skills development center class. The center offers adult crafts classes on Tuesdays and youth craft classes on Wednesdays. Stop by the center to see a display of classes available. Call Ext. 7836.

Services offers program variety for BLAZE TEAM

Women's History Month: Every Thursday throughout March, base personnel are invited to participate in the library's weekly "Do You Know?" trivia question program. Participants can submit one answer a week. All correct answers will be counted and the person with the most correct answers for the month will receive a \$20 Books-A-Million gift card. For more information, stop by the library or call Ext. 2934.

Champagne Sunday brunch: The Columbus Club offers this all-ranks brunch from 10:30 to 1:30 Sunday. Cost is \$9.95 for members and \$12.95 for nonmembers. Cost for ages 6 to 12 is \$5 for members and \$7 for nonmembers. Ages 5 and younger eat for free.

The buffet menu includes herbal pork loin with cranberry walnut chutney, an omelet and waffle station, buttermilk biscuits, bacon, lemon pepper cod with alfredo sauce, rice pilaf, tortellini tossed in fine herbs and olive oil, eggs, sausage, green peas with mushrooms and pearl onions, hash browns, sausage gravy, a garden fresh vegetable medley, garden salad with assorted salad dressings, apple cobbler, assorted homemade cakes, pies and beverages. Reservations are not required. Call Ext. 2490.

Bowling center active duty appreciation week: The bowling center offers all active-duty military a bowling special of 75 cents a game all day every day from Sunday until March 12. Free shoe rental is available for all club members. Call Ext. 2426.

New prices for massage therapy: The fitness center has reduced its prices for massage therapy — \$45 for a full body one-hour massage, \$25 for a half body 30-minute massage and \$20 for a 15-minute table or a 15-minute chair massage. Massage therapy is available from 9:30 a.m. to 9:30 p.m. Tuesday, Thursday and Friday, and from 10 a.m. to 2 p.m. Saturdays by appointment only. For more information or an appointment, call Ext. 2772 or 574-0982.

Scrapbooking course: The communi-

ty center offers this class from 9 a.m. to 1 p.m. March 12. Cost is \$10 per person plus supplies. For more information or to register, call 434-6935.

Stampin' Up course: Register by March 16 for this two-hour course offered from 9 to 11 a.m. or 7 to 9 p.m. March 24 and from 1 to 3 p.m. March 26. Students will create six cards for one stamp set. Cost is \$35 and includes the stamp set. To register or for more information, call 434-5076.

Home decor classes: The skills development center offers two classes in March. The first class will make a 24-inch by 76-inch, five-shelf ladder-style bookcase March 17. Class time are 10:30 a.m., 2:30 p.m. or 6:30 p.m. Cost is \$20 and includes materials. Comparable items in catalogs sell for up to \$149.

People can make a storage tower (18-inches wide, 15-inches deep and 60-inches long) March 31. Class times are 10:30 a.m., 2:30 p.m. or 6:30 p.m. Cost is \$25 and includes all materials. Comparable items in catalogs sell for up to \$149. Participants must register five days in advance. Call Ext. 7836.

Professional basketball games: The information, ticket and travel office has tickets for the April 3rd Los Angeles Lakers versus Memphis Grizzlies and April 8 Miami Heat versus Memphis Grizzlies basketball games. Cost is \$60 for tickets only. A ticket and transportation to and from the April 3rd game is available for \$99 for club members and \$114 for nonmembers.

An overnight trip for the April 8th game is available for \$125 for club members and \$140 for nonmembers. Cost includes transportation, one night's lodging at the Sleep Inn near Beale Street and a ticket to the game. Call Ext. 7861.

Spring Fling egg hunt: The youth center will host this annual event from 9 a.m. to noon at Freedom Park March 19. The day's events will feature carnival games and egg hunts for four different age groups. Volunteers are needed to help with the event. Call Ext. 2504.

HAWC

The Columbus AFB Health and Wellness Center's mission is to enhance readiness and community well-being by promoting self-improvement and healthy living. Active duty servicemembers, dependents, retired military and civilian employees are welcome to utilize services of the HAWC. Located at Building 704 on Harpe Boulevard, the center's hours of operation are from 7:30 a.m. to 4:30 p.m. Monday, Tuesday, Wednesday and Friday, and from 7:30 a.m. to noon Thursday. For more information, visit www.columbus.af.mil/mdg/hawc.htm or call Ext. 2477.

Movies

Today
“Hide and Seek”
(R, frightening sequences and violence, 101 min.)
Starring: Robert DeNiro and Dakota Fanning.

Saturday
“Alone In the Dark”
(R, violence and language, 96 min.)
Starring: Christian Slater and Tara Reid.

All movies are shown at 7 p.m. at the base theater, unless otherwise noted. For more information, visit www.cafb.grapevine.com.

Base Notes

(Editor's note: *All activities are offered at the family support center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.*)

TAP workshop

A transition assistance workshop for personnel who are within one year of retirement or separation from the military is from 7:30 a.m. to 4:30 p.m. Tuesday through Thursday. To sign up, call Ext. 2839.

Health benefits

A seminar with information about health benefits available to personnel who are separating or retiring from the military is from 3:30 to 4:30 p.m. Wednesday.

State employment

This workshop for people within one year of separating or retiring from the service is from 2:40 to 3:05 p.m. Thursday. Participants will receive information about the Mississippi Department of Employ-ment Security

Hearts Apart social

A social gathering for families of personnel deployed or remote for more than 30 days is from 5:30 to 7:30 p.m. Thursday. Information, refreshments and prizes are provided.

VA benefits

A Department of Veterans Affairs benefits seminar is from 10:30 a.m. to noon Thursday.

Government applications

A workshop with information about federal employment and the Small Business Administration is from 3:15 to 3:45 p.m. Thursday.

Smooth move

A workshop with information for relocating families is from 10 a.m. to noon March 15.

Coping with difficult people

A workshop about how to cope with difficult people in the workplace is from 12:30 to 2:30 p.m. March 16.

Family Support Center

Tuition assistance

The education center has implemented FAST Tuition Assistance. The assistance is open to active-duty military personnel and will save time by allowing members to apply for tuition assistance before visiting the education center.

People must log on to <https://afvec.langley.af.mil/afvec/pages/center.aspx?ID=2700>, select FAST Tuition Assistance, read the instructions and if they meet the requirements listed, they can fill out the

information request form and e-mail or fax it to the education center.

The tuition assistance form will be ready for pick-up in three duty days. For more information, call Ext. 2565.

Airport gate passes

The Transportation Security Administration has issued a security directive pertaining to military passengers. Family members may be given a pass to escort a military passenger to his or her departure gate or to meet a military passenger at his or her arrival gate.

Family members can obtain passes from the airline the military member is flying with. A pass and photo identification are needed to get past the security checkpoint. Military members and their relatives can also find a resting place at the airport USO facility.

Precious metal recovery

The Department of Defense needs assistance in reducing operating costs. One way to help reduce costs is to check all expendable items for precious metals before throwing them away. For questions or more information on how to identify such items, contact a unit Precious Metals Recovery Program monitor or call wing PMRP managers David Gaddy at Ext. 7167 or Don Howard at Ext. 7170.

Chapel Schedule

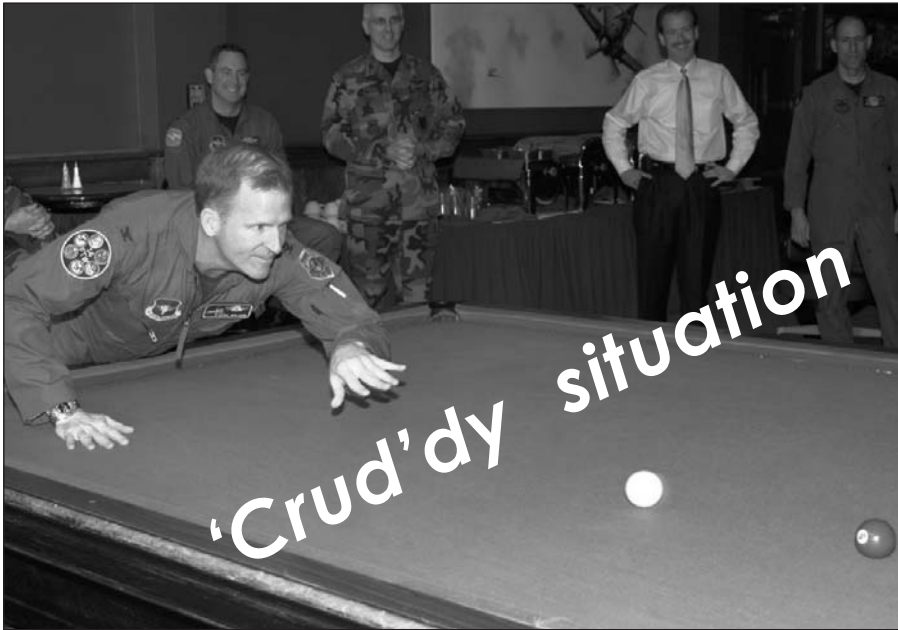
Catholic

Sunday:
9:15 a.m. — Mass
10:30 a.m. — CCD at Bldg. 1052*
5 p.m. — Confessions
5:30 p.m. — SUPT Mass

Protestant

Sunday:
9 a.m. — Sunday school at Bldg. 1052*
10:45 a.m. — Combined worship service
Tuesday:
11:30 a.m. — Lunch and Bible study
Wednesday:
6 p.m. — Bible study, Pioneer Clubs, teen ministries at Bldg. 1052*
For information about Islamic, Jewish, Orthodox or other services, call the base chapel at Ext. 2500.

*All religious education activities are temporarily located at Building 1052 on First Street.



Airman 1st Class Cecilia Rodriguez
Col. Stephen Wilson, 14th Flying Training Wing commander, takes a shot during the commanders' crud tournament Feb. 25 at the Columbus Club.

Gospel Sing: The McAdams Quartet sponsors a Friday Nite Gospel Sing from 7 p.m. to 9:30 p.m. today at the Princess Theatre located on 5th Street South in downtown Columbus. The monthly event features different local talent. Admission is \$6 per person For more information, call 328-5016 or e-mail mmcadams@peoplepc.com.

Art auction: The 21st Annual Arts Auction Gala, themed “Fill Your Life with Art,” begins at 6 p.m. Saturday at the Rosenzweig Gallery in downtown Columbus. The event features a silent auction and original art from 6 to 7:30 p.m., a live auction from 7:30 to 8:30 p.m., and from 8:30 p.m. to midnight, guests are invited to enjoy music and dancing at the Omnova Theater. To purchase tickets or for more information, call 328-2787.

Community chorus: The Starkville-Columbus Community Chorus spring concert is at 5 p.m. Sunday at St. Joseph Catholic Church in Starkville, Miss. For more information about the community chorus, call Dr.

Linda Karen Smith at (662) 325-2870.

Easter event: The Brickerton Shops' Easter event begins at 10 a.m. March 15. An Easter egg hunt for ages 3 and younger begins at 10 a.m., a hunt for 4 to 7 year olds begins at 10:20 a.m., and 8 to 11 year olds will begin hunting eggs at 10:40 a.m. The event will also feature the first Brickerton Egg Bowl, a flag football tournament during which student ministry teams from local churches will play for the championship “Golden Egg.” Jumpers inflatables, a dunking booth, ceramic eggs, children's crafts, pony rides, face painting and prizes will be available as well. For more information, call 327-4676 or e-mail Rachel@brickerton.com.

The McLean Mix: The McLean Mic will perform “MILLing in the ENNIUM” at 7:30 p.m. March 16 at Poindexter Hall at the Mississippi University for Women campus. The McLeans are a husband and wife duo who collaborate in the creation and performance of electronic music, soundscapes and multi-media concerts.

BARGAIN LINE

Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees. Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue. Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads. Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one)	Home	Transportation	Miscellaneous	Yard sales	Pets
Print advertisement					
Name					
Home Telephone #			Duty Telephone #		
(in case we need more information)					
Please let us know what you think of the Silver Wings:					
Are you happy with the Silver Wings? Yes <input type="checkbox"/> No <input type="checkbox"/>					
What would you like to see more of in the newspaper? News <input type="checkbox"/> Sports <input type="checkbox"/> Photos <input type="checkbox"/> Other					
If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil .					

IDEA Program

The Air Force Innovative Development through Employee Awareness Program recognizes and rewards good ideas. Individuals, teams or groups can submit ideas on how the Air Force can accomplish something faster, better or cheaper at <https://ipds.mont.disa.mil>. People can save the Air Force money and earn cash rewards for their ideas. For more information, call Tech. Sgt. Rhonda Knipmeyer at Ext. 2354.



Photos by Airman 1st Class Cecilia Rodriguez
Kevin Crawford of the 14th Mission Support Squadron team attempts a lay up.



Left: Adam Link, 14th Mission Support Squadron, attempts to block a shot from James Lewis of the 153rd Air National Guard team.
Bottom: James Jones, 153rd ANG, anticipates the next move from Ellis Link, 14th MSS.

Intramural Basketball Standings

Team	Wins	Losses
153rd ANG	11	0
14th MDG	9	3
48th FTS	8	3
14th CES	7	5
50th FTS	6	5
14th OSS	3	11
14th MSS	3	8
41st/37th FTS	3	7
14th SFS	2	10

**Standings current as of Wednesday*



Shorts

Alternate shot golf tourney

This tournament begins at 10 a.m. March 12 at the Whispering Pines Golf Course. Entry is \$15 plus green fees. A computer will select the teams. For more information or to register, call Ext. 7932.

Master’s Pick Golf Tourney

This tournament is April 2 and April 3 at the Whispering Pines Golf Course. A valid handicap is required and four players must be selected before 9 a.m. April 2. Entry is \$10 plus greens fees. For more

information or to sign up, call Ext. 7932.

Umpires wanted

The Caledonia Sports Association seeks people interested in umpiring youth summer softball and baseball. Training is conducted Thursday evenings and some Saturdays. Call 364-0414 or 251-0117.

Aerobics classes

A variety of aerobics classes are available at the fitness center. On Mondays, spin classes are at 11 a.m. and 5 p.m.; on Tuesdays, a cardio combo class is at 9 a.m., strength and tone is at noon, Pilates is at 5 p.m.

and cardio kick boxing is at 6 p.m.; on Wednesdays, spin classes are at 11 a.m and 5 p.m., step classes are at noon and a fit circuit class is at 6 p.m.; on Thursdays, cardio combo is at 9 a.m., strength and tone is at noon, Pilates is at 5 p.m. and cardio kickboxing is at 6 p.m.; and an 11 a.m. fit circuit class is available Fridays. Call the fitness center at Ext. 2772.

Water aerobics

The Wellness Connection offers Mommy and Me aerobics classes for mothers and babies six months and older from 9:15 to 10 a.m. Tuesdays and Thursdays in the HealthPlex Natatorium. To sign up, call (662) 323-9355.